

FIND YOUR PRACTICE

WITH VYTAS

A Beginner's Guide to Yoga





FIND YOUR PRACTICE
WITH VYTAS

TABLE OF CONTENTS



4	FIND YOUR PRACTICE
6	STRETCH
8	STRENGTH
10	ALIGN
12	UDAYA
13	VYTAS BASKAUSKAS
14	PRODUCTION CREDITS
15	A WORD FROM YARIV LERNER



FIND YOUR PRACTICE

We live in the golden age of yoga. There are hundreds of thousands of yoga studios all over the world and millions of people who practice. Yet, while yoga has become ubiquitous, there are still many people out there who are intimidated to try it or just don't know where to start. That is why I created this program. I wanted to develop a method of learning that truly ANYBODY can access.



When starting your journey of yoga, it is important to be mindful of any injuries or limitations. This practice will help to guide you around many of the roadblocks that may come up for you in your journey to health and well-being. Just be sure not to force your way through them or push too hard. Precision with your technique and patience with these sequences will allow for all of the benefits yoga has to offer.

Welcome to Find Your Practice.



STRETCH

Our bodies are designed to move. Being still for long periods of time will atrophy our muscles and create tension that makes us feel stuck. Physical health and well-being must include a certain level of mobility. This doesn't mean putting our legs behind our head. We simply want to be able to do basic things like bend over to tie our shoes or reach for a high shelf. Stretching not only increases our range of motion, but it releases stored tension, flushes out waste, brings more oxygen to our muscles and helps to prevent injury.



The Stretch Classes will:

- Improve your posture
- Increase blood flow to soft tissues
- Decrease your chance of injury
- Reduce lower back pain



STRENGTH

We often think of strength in an aesthetic way. True strength comes from the musculature that is deep inside the body and has very little to do with appearances. We want to develop these muscles so that they can work together and provide stability for any action we perform. Getting strong takes time and should happen in a safe and methodical way. It is true what they say, use it or lose it. Through a conscious yoga practice, we can unlock the power required to build the strength needed to propel us through our lives.



The Strength Classes will:

- Help you maintain a healthy weight
- Decrease the chance of osteoporosis
- Improve your overall appearance
- Improve your capacity to perform daily tasks



Our yoga practice will ultimately bring our bodies into balance, but this can only happen if we work properly in each pose. It is of utmost importance to create an alignment template that facilitates space in the body while supporting it. When we learn these poses, having the correct form will allow us to grow in our practice. Sloppy yoga doesn't help anyone. We bring the body into balance by aligning the spine, pelvis and limbs. Precise and clear adjustments lead to openness and unites our strength with our flexibility.



The Align Classes will:

- Help decrease the wearing of joints
- Prevent fatigue by allowing the body to use less energy
- Prevent backache and muscular pain
- Ensure that your muscles are being used properly

UDAYA

Udaya Entertainment is a lifestyle media company that puts the style back into life. We offer visually engaging, cinematic yoga classes on our streaming site and produce life enhancing programs such as this one. Visit us on Udaya.com to view our other programs and subscribe to our classes. We are very proud of our teachers and grateful to you for allowing us to share our passions with the world.



VYTAS BASKAUSKAS

The background image shows a woman in a dark grey yoga top and leggings performing a backbend on a grey mat. The foreground image shows a man with a beard and short brown hair, wearing a dark blue t-shirt, sitting in a meditative pose with his hands pressed together in a prayer position (Anjali Mudra). He has a small yellow earplug in his left ear.

Vytas Baskauskas is a Santa Monica, CA based yoga instructor. Having found yoga at an early age he dedicated his life to both the philosophy and the practice. Vytas is the creator of both Find Your Practice and Deepen Your Practice and is one of the founding teachers on www.Udaya.com. He is very proud to offer you this beginner's guide to yoga to give you the foundations for a lifelong practice.

PRODUCTION CREDITS

Teacher	Vytas Baskauskas
Producer	Yariv Lerner
Producer	Patty Van de Bogart
Yogi	Ali Owens
Yogi	Michelle Goldstein
Yogi	Mike Stebbins
Yogi	Micki Hoffee
UPM	Denitza Daverova
Director	Andrew Fairbank
Director of Photography	Adam LaBrie
A Cam	Anton Ongnyanov
B Cam	Ivan Vatsov
C Cam	Petko Lungov
Sound	Kiril Kaloyanov
Music	Shaman's Dream
Editor	Andrew Fairbank
Graphic Designer	George Matsev

A WORD FROM YARIV LERNER

Every time Udaya creates a program magic happens. A group of like-minded individuals from all walks of life come together for a brief time and combine their creative energies to manifest much more than they could do on their own.





FIND YOUR PRACTICE
WITH VYTAS